



"If you sell health, you better be fit"! CLT – new concept, new possibilities

**Interview with Britta Dietz especially for "Practical Physiotherapy and Rehabilitation",
conducted by Marek Wiecheć, Ph.D. - Managing Editor of the magazine**

Dear Readers,

I have the great pleasure to invite you to read the interview with Mrs. Britta Dietz, a long-term active physiotherapist, an international IPNFA advanced instructor, a lecturer, a physiotherapy teacher, but above all, the creator of a new therapeutic concept called CLT, which will soon have its premiere in Poland, during this year's edition of the Physio Olympic Day Conference in Warsaw on the 25th of November, 2023.

We are impatiently waiting for these events, however, in order to bring you closer to the assumptions of the new methods, as well as to the profile of the Author herself, we decided to ask Mrs. Britte Dietz for an interview in which she could present her method, talk about the background of its creation, present the medical and therapeutic possibilities of its application, and we could get to know better the profile of the Creator herself.

So, I invite you to an interview about physiotherapy with a physiotherapist who saw new opportunities in what she does and decided to bring them closer to us.

Editor: You are a physiotherapist with many years of professional experience, please tell us where you come from, how your professional career developed, who influenced your choices, who you could call your mentor.

B.D.: My name is Britta Dietz, I was born and grew up south of Munich in a small village called Weßling. I attended school in Munich, I passed my secondary school final exam there and there I also completed my physiotherapeutic education in the years 1962-1964.

I immigrated to South Africa in 1965 and there I started cooperation with Pat Davies (an outstanding therapist from South Africa, a pioneer of neurorehabilitation emphasizing in her works the role of the torso in the improvement process - editor's note) in the paraplegic ward in Cape Town. It was there that I was inspired to continue postgraduate training, further professional development and I applied to Kaiser Rehabilitation Center in Vallejo, where I had a 6-month stationary training – the PNF program under the supervision of Maggie Knott and then I worked for a year in her team.

After returning to Germany, I taught the PNF concept and in 1981 I became one of the first five PNF instructors in Europe.

I started a family, but I was developing professionally all the time, I attended courses with the Bobaths, Klein-Vogelbach, Kaltenborn and Janda. but the PNF has always remained my main interest. Over the years I became a "mobile physiotherapist" and I taught courses in Germany, and since 2003 also in South Korea.

Editor.: You have a lot of optimism and energy. To what do you owe your vitality and physical fitness?

B.D.: My motto is: **"If you sell health, you better be fit."** I do sports regularly, skiing and skating in the winter, swimming and cycling in the summer, and of course the daily "Britta's Morning Gym" (Britta's morning exercises - a set of exercises in the CLT concept - editor's note) which can be found in my book. Also my work with young people and the challenges related to it allow me and somehow force me to be in shape.

Editor.: What is hidden under the abbreviation CLT?

B.D.: CLT stands for coordination training and locomotor exercises. The abbreviation was created from the English name. The full name of the concept in English is Coordinative Locomotor Training and Exercises. This is how it is officially presented. I have adopted this name as the most appropriate to describe my method.

Editor.: How did the CLT concept come about?

B.D.: In the 1990s, I was asked to take a critical look at the established PNF concept. Do we really teach functional movements? How should we adapt PNF therapy to the results of new scientific research. I looked back at Maggi Knott's works and her relationship with the sport. And suddenly I saw how the PNF individual patterns match each other in the global coordination in sport. The correlations were most visible in disciplines using natural movement. Therefore, for easier understanding, I have included my observations on complex coordination in two exemplary combinations of Sprinter and Skater (Sprinter/Skater). In both examples we find all PNF patterns belonging to one of the two diagonals and their mutual relations. The next step was to analyze the gait and again I found the appropriate patterns in each gait phase. In 2003, I was invited to South Korea to teach the PNF. There I presented for the first time my innovative understanding of work in patterns. Dr. Kim Tae-yoon and his team, interested in my thoughts, helped me to prepare a scientific justification for my work. They also encouraged me to write the book "Let's Sprint, let's Skate" (2009) and then another book "PNF in Lokomotion" As I have already mentioned, the name of this new concept is the CLT for short.

Editor: What therapeutic values determine the innovativeness of the CLT therapy?

B.D.: The new Approach has its advantages in the 5 Es: Easy to control trunk, Easy to control given resistance, Easy to handle for therapists, Easy to learn for patients, Easy functions as seen in gait.

Editor: What groups of patients can be effectively and efficiently worked with using the CLT method?

B.D.: The CLT concept was created as a result of my search for the most efficient way to plan and to most effectively implement therapy with patients from various groups of diseases. CLT is therefore a proposal for both neurological and orthopedic patients, a special place here is also occupied by sportsmen at various levels of motor advancement. CLT is also a proposal for people who, regardless of their age, want to stay active.

The fact is that we get the fastest results with patients in good logical contact, however, this does not mean that it is impossible to work with people with limited perception or communication.

Editor: Is CLT one of those therapies that a physiotherapist performs while working with a patient, or is it also possible to independently perform certain elements of the program by the patient?

B.D.: Generally speaking, we have two types of work at CLT. A therapist's individual work with a patient, which we call "hands on", and the work that a patient does independently, of course, previously properly instructed and trained, which we call "hands off" or "CLT exercises program". In a way, we can compare the latter one to the patient's "homework", although the term "self-directed work" is perhaps a better name here.

Editor: Is it possible to combine the CTL therapy with other methods of physiotherapy?

B.D.: In the CLT concept, we analyzed the most frequently used and performed movement exercises. They have been adapted to the requirements of the CLT concept and they are presented

during the "hands off" courses. Looking through the prism of motor training, we show coaches, players, patients how to adapt the CLT coordination to work, for example, on exercise machines, gym columns or work using expanders, rubber bands, unstable ground or using gravity as resistance at various levels of motor control. Yes, combining other therapies is possible, especially in cases of neuromuscular re-education.

Editor: How do you see the possibility of using the CLT method in sport?

B.D.: I think that here we can talk about three or even four scopes of influence.

The first scope - CLT as a therapy after contusions or sports injuries.

The second scope - CLT as prevention and physioprophylaxis of such injuries.

The third scope - CLT as an element or program of motor preparation of sportsmen.

The fourth scope - CLT as an element or personal training program for a wide group of people practicing sports or planning to start sports activities.

The use of CLT in sport means: restoring the physiologically correct coordination of the patient/sportsman and thus minimizing the tendency of the sportsman to create faulty movement habits, which may be the cause of various types of dysfunctions and thus determine the achievement of worse sports results.

Editor: Your concept will be presented for the first time in Poland in November during the Physio Olympic Day 2023 conference in Warsaw. How would you recommend this event and the premiere of the CLT method to our Readers?

B.D.: When it comes to the CLT method, I would like to present and recommend it primarily as a new, comprehensive therapeutic tool for physiotherapists and sportsmen on their way to sports success.

As for the conference ..., I saw on the Internet reports from last year's edition of Physio Olympic Day 2022 and it all looked really good. I saw the interest and commitment on the faces of both the organizers and the participants! I am convinced that the idea of presenting my concept during this conference is definitely the right decision.

Editor: Where can Polish physiotherapists find information on the CLT method?

B.D.: If they are interested, physiotherapists, trainers, personal trainers, should refer to our website: www.coordinativelocomotortraining.com. There they will find information about the CLT method, educational opportunities and practical application of the concept in working with patients.

Editor: Have you managed to educate successors, are there physiotherapists who continue to develop your system?

B.D.: Yes. I teach assistants in every course. At the moment we have 4 CLT instructors: two instructors in Korea with four assistants, one instructor in Croatia - Gordana Poscic - and me in Germany with three strong assistants and an assistant in Poland - Ewa Górna, Ph.D..

Editor: In which countries is the CLT concept known? Where was it most developed?

B.D.: Germany and Korea are the strongest countries. I also teach in Taiwan, Croatia and recently in Kazakhstan. Due to the interest that my concept arouses in your country, the nearest plans are to implement the CLT method in Poland. Of course, I am open to presenting the method in every country and to all people who are interested in it.

Editor: Do we already have CLT therapists or lecturers in Poland?

B.D.: Unfortunately, not yet. However, I have signals that many people here in Poland are

interested in my method. Many of them are precisely physiotherapists working with sportsmen. It can be said that the way to learn about a tool that is innovative and can be very useful in working with patients opens up.

After the Physio Olympic Day 2023 conference, we want to present a training offer and start with the CLT course program. We already have a coordinator of our activities in Poland and an assistant - Ewa Górna, Ph.D. - whom I authorized to promote the CLT concept in Poland and to conduct information courses. The second person in Poland who completed the CLT course is Aleksandra Szabert-Kajkowska, Ph.D.. Aleksandra completed the CLT course during training in Croatia.

I would like to execute the first official CLT course in Poland later this year. In 2024, these courses would be available on a regular basis.

Editor: Does the CLT concept already have a uniform education system? How to become a CLT therapist?

B.D.: Registration of an international association of the CLT concept is currently in progress. We plan to standardize the current CLT education system so that it meets the educational needs of physiotherapists from different countries. By the end of 2023, and certainly in the first half of 2024, we want to present a uniform concept - the CLT education system. Then the same training path in all countries will be open to physiotherapists.

Editor: Are there already available or are there scientific studies confirming the effectiveness of the CLT method? Is there a bibliography on the CLT method?

B.D.: Of course, scientific work on the development of the CLT concept and confirmation of its effectiveness and efficiency in accordance with EBM (Evidence-based medicine - editor's note) is still ongoing. Both myself and my instructors and assistants gather experience and conduct scientific research related to CLT. It is impossible not to mention the efforts of my Korean friends and colleagues who, together with me, prepared the scientific basis for the CLT concept. The list of available publications and bibliography on the subject can be found in my book "PNF in Lokomotion", as well as in my first book: "Let's Sprint, let's Skate". In both books you will also find research on children with ADHS, descriptions of training with soccer players and case reports of patients.

Editor: Thank you very much for your time and interview. I hope that it will contribute to the dissemination of information about the CLT method in Poland, and above all, it will give a new stimulus and new knowledge to our Readers. I also ask you to remember about Polish physiotherapists and be so kind to share with us your subsequent therapeutic and scientific successes.

B.D.: Thank you very much for this opportunity to contact Polish physiotherapists and, above all, the Readers of the periodical "Practical Physiotherapy and Rehabilitation". I feel noticed and honored. I wish you a lot of satisfaction from your profession as a physiotherapist and good luck in your personal life.

Editor: On behalf of our Readers and editorial office, thank you very much for your wishes and thank you again for the interview.